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Figure 1. The relationship between the number of species (S) and the number of individuals (N) for different values of α (0.0, 0.1, 0.2, 0.3, 0.4, 0.5).

Concentration

THE KEY TO
CONSTRUCTIVE
THOUGHT



By C. W. KYLE



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The Master Workman

THE axiom, "As a man thinketh in his heart so is he," is the most startling truth ever uttered of man. What an amazing statement! Power! Self-mastery! A being of Life, Love, and Intelligence, possessed of the power to create and rule himself and his environment by the choice and mastership of thought! A realization of the meaning of the above aphorism awakens a power in man that transforms him into a new being.

The wonderful fascination of this saying lies in the all-embracing statement which it so directly makes. It covers every possible act of man and clearly states that he is capable of exercising unlimited powers. Look which way we will we cannot escape from the finality of this decree.

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The beauty of this saying is that it is true, **just as it is written.**

Man is a world within himself, and he is master of himself, it matters not how well or ill he may exercise his powers of mastership. He is the unquestioned thinker of his own thoughts, which are the tools of his workmanship. He is the master workman of his own designs, and he builds constructively or destructively as he wills. He makes himself sick or well, rich or poor, strong or feeble, sorrowful or joyous by the character of the thoughts he thinks.

"Thought in the mind hath made us. What we are by thought was wrought and built. If a man's mind hath evil thoughts, pain comes to him as comes the wheel the ox behind. * * If one endure in purity of thought, joy follows him as his own shadow—sure."

Man is compelled to work out his own destiny, but not alone, for he has an infallible inner guide, aye, the whole universe is in league to assist him in the construction of his ideals.

The enlightened minds of all ages

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have agreed that, "The proper study of mankind is man," and however searching and profound may have been man's study of the forms of life and of Nature in the past, the ultimate word of all science now affirms that the search for truth has driven all further investigation to look for it in the innermost heart and consciousness of man.

In the heart of man are the secrets of God.

When man shall come to know himself; to know the relationship which exists between himself and his fellow-man, with the universe and with the Infinite, his lesson of life will have been learned.

Truly, it has taken man a long, wearisome journey to discover that the Source of Life, the perpetual fountain of health and wealth, of happiness and of peace, for which he has so earnestly and vainly sought in every other place, has all the while lain securely hidden within his own heart.

God could do no more for man than He has done. He has made him in His own image; clothed him with His every

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attribute; endowed him with Life, Love and Intelligence; made him a localized center of His own consciousness; given him faculties and powers which are God-like in their nature and all-masterful, in their creative power. He has made man ruler of himself, and given him dominion over all the earth; over the beasts of the fields, the fowls of the air and the fishes of the sea, and He has placed in the heart of man the magical jewel of thought by which he may trace the successive steps which life has climbed from its first clothing in matter to its highest expression in consciousness, and by this same thought He has enabled him to so refine his body that the grosser particles of it may be transmuted into a still more perfect body, into which pain and suffering may not enter; ruled by a mind that shall know no fear and feel no sorrow, save for other's woes, and this sorrow He has lightened by giving man the power to heal and uplift his fellow-man.

Now, that man finds himself thus equipped there is nothing for him to do,

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other than to learn how to develop, educate and train himself for the doing of whatsoever work he may desire to do.

Does this statement seem strange? It ought not to seem strange to any man, for it states but the simple truth of that which every man is now doing and that which he has always done. The "masterhood of matter is no greater achievement than the masterhood of self, for matter is in last analysis but the soul's outward account of itself," and this is but another statement of the truth expressed in the saying: "As a man thinketh in his heart so is he."

Not only is man the ruler of his own mind; the divine thinker of his own thoughts, but there is an ultimate and unlimited substance out of which he may and does create whatsoever he will, when working with the universal law of life. There is no impulse, impression, thought or suggestion of any nature that comes to man that he is not bound, by the very nature of his being, to regard or to disregard. It is this freedom with which man is en-

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dowed to accept or reject the thoughts that come to him that mantles him with the regal power of self-mastery.

This ultimate substance, found to exist in the universal ether—which, Science admits—cannot be differentiated from Spirit, Mind, the Absolute, out of which thoughts are formed which become and form the foundation or beginnings of all things appearing in the physical universe.

There is no thought without form. Every work of man, building, machine or structure of any nature, first took form in his mind. Everything is a replica of a mental image. The earth, the plants, the birds, the animals and man are all projections of the mental concepts and formations held in the mind of God. All that is perceived by and conceived in the mind, is first formed in and of this immaterial substance. Man was made in the image of God; a replica of Him, which includes everything, potentially.

When man shall come to understand this truth he will, by the power of constructive thought, free his mind of

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doubt and fear, and become so at-one with the great powers of life that disease will vanish and the body become what it was intended to be, a perfect instrument for the expression of health and happiness and peace, and its every energy be devoted to usefulness.

Ideation is creation. This is the highest concept, the ultimate word of philosophy. Reason and revelation agree this to be the very highest concept of the human mind. It is in harmony with all we know, and it confirms and illumines the **how** and the **where-with** man demonstrates the truth of the saying, "As a man thinketh in his heart so is he."

CONCENTRATION will enable you to verify every statement herein to be not only true, but of the greatest possible value to you in your work in life, whatever that may be. The source of truth is within you, and no where else for you.

Unquestionably there are many honest doubters. An honest doubt is sure prophecy of coming revelations of truth. The honest doubters are the

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hope of the race as from their ranks must come the teachers of the future. Many others fill the seats of the scornful. The occupants of these same seats sneered at PASTEUR as an "obscure druggist," derided HARVEY'S discovery of the circulation of the blood; jeered at FRANKLIN'S discovery of the nature of electricity and are ever ready to decry anything new as it implies an inability on their part in not having discovered it themselves. They are not to blame, for I believe that every one does the best that they know. The rise of the race consciousness has been so rapid that the many have now come to know that sane, normal thinking is the first step in securing bodily health and happiness; that peace of mind is a necessary forerunner of physical health; that health and happiness arise from the harmonious working of all the faculties and arrangements of our minds and bodies, resulting from the unobstructed flow of the infinite life through our organisms. If you desire a strong, healthy body you must learn how to keep your

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mind clean and healthy, which is no small matter.

A knowledge of the psychology incident to protecting the mind from undesirable thoughts during our waking hours is no small accomplishment, and to protect ourselves from them during sleep requires a knowledge of the psychology of sleep mastered only by the earnest student who has come into a knowledge of the law.

The value of "sleep-knowledge," to those who have come to an understanding of the law, is inestimable, a fact now so universally recognized by all mentalists that only a mention of it is necessary to call attention to the desirability of consciously acquiring it. The current saying, "I will sleep over it," having reference to any impending proposition, is not without its deeper significance. "Sleep-knowledge" is the court of final appeal to the higher Self whose wisdom has ever been regarded as conclusive.

To expect to enjoy good health and happiness, to acquire success while the mind is in the turmoil caused by selfish

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and unclean thoughts, or choked with weak and useless ones, would be like polluting the fountain and expecting the waters of the stream to remain pure and uncontaminated.

Every cell in your body is a vital, throbbing center of intelligence, and it must be fed with normal, clean thought in order to keep it aglow with the flame of radiant life.

You, the **Thinker**, are responsible for the alertness, the awareness, the harmony and health which your thoughts express to, in and through every cell of your body. If it is not normal and healthy, you can make it so by thinking constructively; holding the picture of health and strength clearly in your mind. Your thoughts determine your state of health. You can and do think yourself into states of disease or into that of health in a far greater degree than you are aware of; primarily there is no other force that enters into the matter. When we come to know and realize, even in a general way, the structure, and use of our bodies; the forms and expressions of Nature, the

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trees, plants, flowers, fruits and the animal kingdom, as well as that of the earth itself; that it is a living, moving organism, keeping time to the constant flow of the cosmic life, we are impressed with the thought that all things of the material world are the agents through which the Universal Mind, Ultimate Reality or God is expressing omnipotent power.

We see perfect order as the result of the operation of "Heaven's first law," and we are inevitably driven to conclude that perfect unity of all that is must be, else harmony and peace are fragments of disordered dreams. We come to realize that we are **within** and **not apart** from the great cosmic sweep of life's all-inclusiveness. We are thrilled with the awakened sense of the infinite power to which we have access, as we come to know that we are a part of it and never were nor could we have been separated from it.

Amid this infinite ocean of life we find ourselves possessed of the power of poise, and with Pascal, are enabled to realize that the universe has its cen-

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ter everywhere and its circumference nowhere, and that this center for each and every man is within his own consciousness. We know this as a necessary conclusion, predicated upon all the knowledge we possess. In realizing that harmony is the result of our having come into conscious knowledge of the law, we are enabled to understand how perfect liberty is found only in obedience to the law—when every word expressed in the aphorism, "As a man thinketh in his heart so is he," glows and flashes radiations of ultimate truth—the most important truth that has been proclaimed of man.

Our Place and Work in the World

THERE is a place for each and every human being in the world; a special place and a special work for each one to do; a work which no other person can do; a work that is essentially and wholly connected with each and every man.

To find this place in the world,—and more than likely it is the very one which you now occupy,—and to come to know the lesson which in this life it is best for you to learn, is a very necessary preliminary in making a success of your life.

Neither of these problems is difficult of solution, if you will but bring your common sense to bear upon them. To be cool and just in an examination of yourself; to gauge honestly and fairly the state of your growth; to test with

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care, the fitness of yourself to do your contemplated work, is all that is necessary. If you can not do this satisfactorily to yourself, you should take counsel and be advised by some one who is competent to assist you in reaching a decision.

In making a start in life, and, at all times, when you are not certain of the course you should pursue, seek the best counsel and advice available. This is the only safe course.

Common sense determines, and the sad experience of the human wrecks all about us plainly and unmistakably point out the fact that training in honesty, self-control and that form of education which leads to usefulness and self-respect must be given to our boys and girls if we are to sanely expect the oncoming generation to be an improvement upon the passing one. Our place and work are **here**, and **now** is the time to do the work of training, and the giving of such counsel and advice as our experience may enable us to give.

Every man is the teacher of every *other man*, which fact the student

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should never forget. The creator is always greater than the thing which he creates.

In order to train human nature, we must believe in it, we must love it, and we must trust it to the uttermost. If we fail in our efforts it will be because we have not trained and loved and trusted it enough.

It has often been said that human nature is incurably good. At heart it is the very essence of God. I believe in giving it a chance. I want you to know all I know about it, with an endless plus, for when you come to know yourself, to be able to see the Divine image in which you are made, you will see all good. Then you will be enabled to say in the language of Christ: "I and my Father are one."

The absolute exactness of the arrangement of the minutest atoms of the universe in their several places may be obtained from viewing the sky on a cloudless night. One can see how the satellites are grouped about the planets; the planets about their suns, constituting the solar systems, which are

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themselves only cells of the universe marking, in lines of fire in infinity, the eternal laws of nature.

“Everywhere shines this mysterious progression, this arrangement of inferior unities becoming a superior unity, this universal seriation which starts from the atom in order to rise to stars and on to the supreme unity about which gravitates the universe.”

Everything is analagous, the law that rules the solar systems rules the life of the insect.

To study the way in which the cells group themselves in order to form an organ, is to study the way in which the kingdoms of nature group themselves in order to form the earth, this organ of our solar system; it is to study the way in which individuals group themselves, in order to constitute a family, the organ of humanity.

To study the formation of the mechanism by its organs, is to understand the formation of a solar system by its planets, of a nation by its families.

Finally, to understand the constitution of a man by his mechanism, is to

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know the constitution of the universe by its solar systems and of mankind by nations.

All is analagous; to know the secret of the cell is to know the secret of God; the absolute is everywhere. All is in All.

In this we see that not only has man a place in the universe, but that every atom of matter also has its place; that it, too, is a product of law and subject thereto wherever be its place in creation.

Concentration is the exercise of mental control; a gathering of all the powers of the mind against the wall of ignorance which alone limits mankind, and it is the only means by which further light and knowledge may be obtained.

It is of supreme importance that we learn to control our impulses, impressions and motives, many of which arise from sources most difficult to discover, as well as the many thoughts bent on straying; our vain imaginings, and the endless repetition of thoughts that worry and annoy. What a disorderly band

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of stragglers they present, to say nothing of those stray thoughts that drift in from the highways and byways, the "tramps" of the mental world at large, idle, unkempt and wholly disreputable. You can put them out and refuse to entertain them, but to get your own thoughts under definite control; to hold your mind in such a state of poise as to effectually bar them from entrance, requires long and purposeful concentration.

By concentration we may so drill and discipline our whole mental force as to be able, on the instant, to mobilize every mental energy, and to definitely and consciously hold in readiness, not only the knowledge which we have previously acquired, but by reason of this attitude, to draw tremendously from the universal; combining, dividing and using all we may need with surprising ease and effectiveness.

By concentration the mental force may be held in such a state of preparedness and flexibility as to fill every circumstance and situation; as water fills all vessels, regardless of form, or size,

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or the irregularity of their inner walls. A truly great man could be, at will, a teacher, prophet, poet, general, physician or statesman—filling any position the situation might require.

The ready mind is the trained mind, and the strong mind is one that is ever connected with its Source—the Infinite Mind, of which all individual minds are partial, yet, inseparable parts, being dependent upon their unity with the Universal Mind for all power and growth in consciousness.

Concentration is the key to wisdom. It is the only method by which a conscious union with the infinite life, love and intelligence may be made.

P o s i t i v e , constructive thinking aroused by desire, directed by intelligence and driven by the Will, has done, and will ever continue to be the means of doing, all that lies within the power of man to actively do in the way of growth and development.

The Masters and eminently successful men of all times, have invariably used this method, in order to be enabled to grasp and understand the funda-

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mentals of life. This is shown by the striking similarity of their teachings, and this, too, when separated "as far as the East is from the West," when all forms of physical communication have been rendered impossible, to say nothing of the ages intervening between their appearance upon the planet; all of which goes far toward demonstrating the fact that there is but one universal Source and Mind from which all manifestations of intelligence spring. Truth is one.

There is but one substance and out of this substance, by the operation of SPIRIT, its creator, the various forms through which life expresses itself, were made. Man, through whom life, love and intelligence, at its best is expressed, is enabled to take up and continue the creative process, and thus the endless round of production, development and decay appears; **the decay or death being but the return of form to its source.**

Concentration may not reveal life, for it is the process by which life *creates for itself things*, as a mirror in

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which the creative power may be beheld. Life—the absolute—by reason of its universal nature, its all inclusiveness, puts an end to dualism, there being nothing by which it may be opposed. In the conscious recognition of the necessity for the reconciliation of all opposites, is the rightness of the law made to appear. God is being made manifest through the consciousness of man, His instrument. In the saying of Jesus: "I can of myself do nothing," is this made clear. This is the final root idea of all ideas; the purely ethical idea of upright behavior in the more extensive conception of balance, wholeness, the perfect "equilibrium of a nature no longer out of relation with any element in the universe."

There is but one God; there is but one substance; there is but one mind; there is but one consciousness—God is All and in All.

Upon this idea must all constructive and rational thinking be based. The great Master Reconciler, and every Master, whether appearing before or since his time, has held this idea of

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unity as paramount to all others: "I and my Father are one."

Sankara, the Kabbalah, Aristotle and Hegel have all pointed out the fatal, inherent weakness of dualism; the latter being the first of Western thinkers to discover that eternal dualism is "productive of metaphysical disaster."

St. Paul presents the reconciling principle by which all opposites, of necessity, must meet in the state of perfect balance, before strife may cease and that peace, which Unity alone may know, may be brought about. He acknowledges his indebtedness to the Greek and the Barbarian, and very justly, as a perusal of the Greaco-Egyptian Trismigistic literature, side by side with the Epistles reveals.

Enveloped in allegory, metaphor, myth, symbolism, parable and legend, run the great thought currents of the wisdom of the ages, and one must have developed an intuitive sagacity, sharper than the surgeon's scalpel, in order to pierce the ensowthments and discover the wonderful truths therein so *wisely* and carefully concealed.

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Concentration is the only key to which all symbols and mysteries yield their hidden meanings.

Law is the rule by which the harmonious adjustment and regulation of the action and reaction of the several parts of the universe are brought about so as to present a perfect whole. Law presupposes unity. Without unity harmony could not be, and without law nothing could come to be, for law is the action of life in all manifestation.

If there were not a center in man from which his very being springs and upon which his continued existence depends he could never succeed in developing self-control. To know anything well we must know its relation to other things, to the universe, hence, it is imperative that we come to know man's relationship with the universe and with God.

Harold Bolce says: "And now that man has discovered that there resides in his nature a spirit or energy that is divine, the colleges say, and that he can summon it to work his will, the potency and future operations of this force no

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God, and this too in the practical affairs of our daily lives.

When man becomes conscious that he is a creator; that within him are all the powers which, when aroused, bring into full and perfect manifestation the perfect image of God, in whose image man was created, he feels his identity with the Creator of all.

When the sense of separateness falls away, and man realizes in the most practical and rational way that Unity is and has always been and that it can never cease to be, however much the illusions of the passing appearances may seem to contradict that supreme truth, he feels and recognizes the flow of the Divine Spirit bearing witness with his Spirit that he is in and not apart from God.

To such a man fear is unknown, for he realizes that this passing phase of life in the physical body is only an initiation, in the long chain of initiations that is necessary to perfect him for that state of being in which "it doth not yet appear what we shall be."

The fear of death having been com-

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pletely banished, man is enabled to face life with smiling confidence, and to bring to bear upon his work the full force of all his energies. The work of creation becomes fascinating as he looks upon the work of his own and feels that he is a part of the great force of being and becoming.

It is important that we do not permit any thought of permanence to attach to our work; it is all passing, and all that remains is the training and experience which we have received by reason of our work, and this becomes character, growth, the power to live more, and be more fully identified with the Source of All.

The Eternal Surprise

THERE is a power latent in every man which, when aroused, changes him at once into another being. It thrills, awakens and transforms him into a new man, making of him a veritable dynamo of tremendous energy. His conscious identity with this newly awakened power is amazing, and the use he makes of it astonishes all who have previously known him.

From a man of inaction he becomes a leader. He seeks advice from no one, but realizing his awakened powers he relies upon himself, and goes forward sustained with a confidence and enthusiasm, nothing doubting, to the accomplishment of his own desires.

He has become an awakened soul, knowing and fearlessly exercising his newly realized powers of dominion. He *knows just* what he wants; he is deter-

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mined to get it and he goes out and gets it. He has come to know himself.

The supreme lesson of life is that of self-realization.

You are living in a world of magic. You have more power within you than that ever recorded of any genii of whom you have ever read or dreamed. Wake up! Learn who you are before you condemn yourself to a further life of inaction and inefficiency.

To come to recognize yourself is the best elixir of life you will ever know. It will take a psychological operation to rid you of your self-imposed limitations. Well, here it is. Words have a magic power. The greatest event in all the record that infinite intelligence has made, was manifest by the power of the Word. "In the beginning was the Word and the Word was with God and the Word was God." What is the meaning of that? It means that God pictured in Mind all that is, and then spoke it into actuality, creating man in His own image, an individualized center of His every attribute—consciousness, creative power and love.

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Did you never pause to think that man is the only instrument God has fashioned through which His word may be most fitly spoken? The man who has not come to realize this truth is apt to find that most of the paths of life lead down to the bottom of the hill, where those who have taken them lie bound by their own thoughts of limitation, which are more powerful to imprison than though made of steel. If you are there, awake and burst your bonds! Stand forth free and rejoice in your strength, for you are the ruling Prince in the House of the King of Kings.

To come to recognize yourself is to experience the greatest event you will ever know. Though you may be presented at court and dine with the king, that event will be as nothing of importance to you beside it; though the king should bestow all honors upon you within his power, they will prove inconsequential, compared to the wonderful honors you will find awaiting you, when you come to know yourself.

You are a king and a creator in your

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own right. You have made yourself just what you are, and you have the power to change yourself into a being greater and more powerful than it is possible for you to conceive. You are possessed of unlimited powers, and if limited you now are, you, yourself, have raised the walls of limitation, and you have power to remove them or you may let them stand. You are ruler of your own kingdom.

When you come to know yourself as you are, the very splendid powers which are yours will awaken in you such respect for them that you will feel called upon to live at your very best, at all times, in order to be worthy of the high dignity of your position in life. This knowledge will put new blood in your veins and a song of joy in your heart. Your whole being will be filled and thrilled with a sense of being so much greater than that you have ever felt before, that no thought of fear or failure will ever again find lodgement in your mind. Love and faith and courage will shine out in your every word and act, and dignity will mantle you as

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one to the purple born; the light of kindly determination will fill your eyes and you will be fired with an enthusiasm that will render you invincible, where before you have been faltering and filled with indecision.

I wish above all else to introduce you to yourself—the real man that you are, and have you see yourself as you were made in the image of God, endowed with His every attribute, and in actual possession of all the tools wherewith to make yourself greater than any conception of greatness that has ever entered into the heart of man.

Don't refuse the offer of this acquaintanceship, for the one great lack of man upon this planet, the one thing in which he stands in direst need, is nothing more or less than a more intimate and thorough acquaintanceship with himself.

If I may, even in a small way, be instrumental in furthering your acquaintanceship with yourself, I feel assured that I shall ever stand high on the list of your cherished friends.

I am aware that it may appear pre-

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sumptuous on my part to assume the role of one intimate enough with your life to make bold to introduce you to any person, to say nothing of the implied knowledge on my part and the lack of it on yours, to undertake to introduce you to yourself. It may be, however, that the awakened curiosity in your minds as to how I have acquired sufficient knowledge of you to assume to introduce you to yourself, will cause you to refrain from taking offense. Again, it is generally assumed that one who introduces one person to another stands as sponsor for the one introduced, a responsibility, I have no doubt that each one of you have, at one time or another, found to be more or less embarrassing. In this case, I hasten to assure you, that I cheerfully assume full responsibility, for the personage I would introduce to you is worthy of the highest honors you may bestow, and one whom you will feel highly honored to know. If you will cultivate his acquaintanceship, and be guided by his advice, whatsoever of good you may desire will come to you.

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Concentration will enable you to further this acquaintanceship as nothing else can. The young man who had fallen to the level of the swine, "came to himself," and felt no need of asking the advice of any one, and if you are, living a life short of the realization of your best desires you should **come to yourself**, and know that "the kingdom of God is within you," and that if you will only concentrate upon it earnestly enough, and long enough, that you shall **here and now** come into possession of and enjoy every good your heart may desire. Health, wealth, honor, power, station, peace and love are awaiting the exercise of the powers that you possess, in order to be and abide with you, just so long as you may will them to remain.

When man comes to know that he is the being of power, intelligence and love that he truly is; that he is master of his own thoughts, and that he has access to the Source of Infinite Life, his thoughts take on a splendor and beauty which finds their expression in living *every moment of his life at its best*. He

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finds that all intelligent choice and necessity of action, to be one and the same; that the right way of thinking is the only way open to the man of the enlightened mind; that all growth is, in its final expression, upwards, and that consciousness is ever passing from a lower to a higher plane and in so doing that a sane, sensible and normal life is assured by maintaining a state of equilibrium between his inner sense and his environment.

We are free to select the thoughts with which we feed our minds, more free than we are in selecting the foods with which we feed our bodies. This is well, for the character of our thoughts is far more important to our health and happiness than the nature of the foods we eat.

Clean thoughts not only make clean minds but they also make clean, healthy bodies. A body ruled by a strong, clean mind is best fortified against all of the current ills of life. Your thoughts build into your body the very substance of which it is composed. Thoughts of envy, malice, hatred and

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all thoughts that lead to despondency, devitalize the blood and affect the body ruinously. Anger is a positive poison to the blood, while thoughts of kindness, cheerfulness and good-will are powerful tonics, stimulating digestion, and contribute, in the most wonderful way, to the harmonious working of all the vital organs of our bodies.

When man comes to realize the power of mastership which he wields over his body he will become more cautious in his thinking than in his handling of sharpened tools. He will send out only thoughts of strength, of health, of harmony and love. When he learns to do this he will find that his bodily intelligence will respond promptly and eagerly, every cell in his whole system taking in the full force and character of his thought and, if he has thought wisely and constructively, he will find his body to be a radiant expression of all that he has commanded it to be.

Extreme as these statements may at first glance appear, they will be found upon examination to be the most practical and useful truths of life.

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Thought wedded to purpose is the only way by which our plans may be carried out. It is impossible for us to set too high a standard for our thoughts. Man finds himself a weak, vacillating creature, without purpose because he has been taught that he is a weak, negative creature. It is high time that his attention be called to the possibilities of his being, when his latent powers are aroused and placed in action.

Wherein lie the powers of dominion said to have been given man, unless by the power of the awakened spirit within him, he may make all conditions to serve him? We know that success comes only to the man who has a definite object, who thinks strongly and who strives earnestly and fearlessly in the battle of life. The man who marks a straight line from his **desire** to its **realization** and who permits no allurements to draw him aside, is the man who wins. No man who has not done so may or should succeed.

To permit a doubt to enter the mind as to the essential unity of the human

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soul with the source of all power, all intelligence and all love, is to render every effort ineffectual; to cloud the mind and to paralyze the arm and, in a word to invite inevitable disaster and defeat.

Why, then, should the intelligent investigator stop short of accepting an announcing the inevitable conclusion to which he is driven? Doubt, fear and prejudice and all products of negative thought, when allowed to enter the mind, drive out constructive thinking by devitalizing the mind of its power and energy. A knowledge of what we can do must precede the effort to do

The Silence the Source of Power

TO BE able to go into the Silence at will should be the aim of the student. Before one is enabled to do this, however, the control of the mind must be perfected. It requires that thinking shall have become a habit; a habit so fixed that one may, on the moment, become so concentrated that their every energy and attention may be given unreservedly to the subject in mind. This control is freedom. A freedom of action that shuts out sight and sound of the exterior world and holds the senses, by the power of concentration, with a firm grip, to the subject under consideration. For the free use of such power we should ever strive until attained.

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Freedom! oh, what would this world be,
If Freedom sat upon the Heights?
To rule one's self is to be free,
How few yet taste of her delights?

It is one thing to control the mind thus, and it is another and quite as important an achievement, to be able to hold the mind in a state of absolute quietness; to remain alert and not think; to be so profoundly stilled that no wayward thought of the lower mind may enter.

This is no metaphysical form of ideation, but, on the other hand, it is the highest, the most practical and desirable state the human consciousness may reach, where thoughts wholly apart and distinct from subjects one may have previously been considering, flash into the mind with a strength and clearness that sets them in a class by themselves. In this manner alone may the universal intelligence be contacted, and to lead men to this ultimate source of wisdom and power should our most earnest efforts be put forth.

One of the master thinkers of the

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age just past, whose mental impress stamps itself indelibly upon the highest form of the civilization of the present, in speaking of this state of consciousness said: "Any person who has made observations on the state and progress of the human mind, by observing his own, cannot but have observed that there are two distinct classes of what are called Thoughts; those that we produce in ourselves by reflection and the act of thinking, and those that bolt into the mind of their own accord. I have always made it a rule to treat those voluntary visitors with civility, taking care to examine, as well as I was able, if they were worth entertaining; and it is from them I have acquired almost all the knowledge that I have."

To raise our consciousness to a plane where by reason of that which it has come to be, it attracts "voluntary visitors" from the higher planes of intelligence, is to make the most of our abilities, demonstrating as it does, the truth of the saying, "To him that hath more shall be given," not as a favor, but be-

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cause he has complied with the law governing the growth of consciousness.

Do you wish wisdom? Do you wish for health, for wealth, for happiness, for power, for peace, for love? Here is the only avenue open to you whereby you may obtain the actual realization of your desires. It is the one thing in all the whole world worth striving for, for in grasping this, in making sure of your connection with the Source of All, you are placed in possession of "Aladdin's Lamp" and the "Philosopher's Stone." In other words, you have arrived.

There is nothing mysterious about this method of bringing the mind to function consciously within all of these separate states of consciousness—separate only in the sense of an ever increasing realization of power. It is the plain, normal advancement of the intellect, absolutely sane, and in the most exacting sense scientific. You may come to know it for yourself; to realize in the most practical way the truth of it, and to receive and enjoy for *yourself* all of the inestimable powers and

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benefits this mastership of mind confers. It is all you can ever wish for or expect in the human consciousness. It is not difficult of attainment, if you determine to possess yourself of it. It requires the exercise of all your common sense in a concentrated degree, for it includes thinking, expressing and living your highest conceptions of truth.

No thing wants you unless you first want it. You attract what you are. If you want anything you must, in essence, become that thing, when the supreme law of attraction, of growth, will be put in operation against which there is no power that can keep you from the thing you may desire. **You are a supreme magnet in the great field of cosmic energy, charged with the power to draw your own to yourself.**

The result of the highest revelation, using that word in the plain sense and meaning that whenever any fact that was unknown to us is made known, that it is **revealed**, shows that there is but one substance; that mind is universal, *and, consequently in everything; that*

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thought is the creator, and that all that is, is the product of thought.

All things spring from one source, and that source being infinite, it follows that no thing ever was or ever can be separated from it; space when used in this connection being an illusion. Everything, percept, concept, thought, form and act is included in the infinite. Infinity can have no thing opposed to it. We only oppose ourselves from a lack of the knowledge of Unity. The expression of Jesus, "I and my Father are one," clearly sets out his understanding of the truth of Unity. Harmony, peace and perfection are meaningless words unless founded upon the presupposition of Unity, and a lack of the understanding of this law and its application, has been the cause of all the trouble in the world. A comprehension of this law constitutes the supreme lesson for man to learn.

The physical man is the outer form of an inner concept and image, and so intimately connected are his bodies, of which he has seven, that there may be said to be no clear line of division be-

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tween them; each one of them being "put on" and "put off" as the spirit has use for them. Each of these bodies is provided with receiving and distributing centers through which the life force flows, and when working in harmony the man is in full possession of all the forces that go to make of life a round of happiness, of health, of success and love. The physical body is a perfect battery, composed of brain centers, and a perfect system of nerves which receive and transmit, according as they are attuned, all of the higher vibrations of which they are capable, hence, the importance of the injunction, "Get in tune with yourself," for all the life there is; all the intelligence there is, and all the power there is, and all the love there is, is pouring in upon you all the time, and you are free to register so much of it as you are capable of doing. By an understanding of the law you may function in each of these bodies as you will. You, the **Thinker**, are the ruler of them all, and to come to know the powers of your mastership and exercise them wisely, is

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the one great object of life. Discord, disease, and all inharmony arises from the lack of the normal adjustment of the nerve centers of the physical body and from its inharmonious relations with the finer bodies within it.

Until physical science shall come to understand the co-relation and interdependence of man's several bodies; their interpenetration and the separate uses of each of them, it will be at a loss to account for excrescent growths, malformations and many diseases, especially of nervous disorders, irregularities of the heart, and mental disorders of a temporary nature, including a multitude of mental afflictions running from morbidness to feeble-mindedness and from imbecility to insanity.

If the subconscious mind, or "psychic self," as the inner body has been denominated, becomes abnormal, changing its relations to the physical body, from any cause, the most serious results may be expected to ensue.

Negative thinking and indulging the emotional nature to excess is the *primary cause* of all these disturbances.

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The present condition of the race attests how very inadequate is the attempt to treat these disorders from the physical side of life only. The normal relations of these bodies must be brought about before harmonious results may be expected, and as disordered thoughts caused the inharmony, constructive thought must be aroused that order may be restored. This is best done, as is well known, by inducing natural rest and sleep during which undisturbed condition the life force readjusts the disordered relations and normal action ensues.

During sleep the negative thoughts no longer disturb and the results of their former action are most easily overcome by giving Nature's restoring powers the opportunity to work their will unhindered; the patient sleeps, perspires, and the danger is past. What has occurred? The negative mind has been stilled, and the exterior forces have ceased to trouble, giving the inner forces of the man the opportunity to do the healing and restoring work. This

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is the object of all methods of drugless healing.

The power by which you govern all of this marvelous machinery through which life is expressed is **THOUGHT**. "As a man thinketh in his heart so is he." If you desire health, **THINK HEALTH**; if you desire wealth **THINK WEALTH**, and if you desire **LOVE**, **THINK LOVE**, always **THINK LOVE** for it fulfills every requirement of the law; it meets every possible demand that may be made upon you, and it clears the way of all obstructions.

Concentration is the method by which you will win the desire of your heart; it matters not what your trouble may be, concentrated thought will bring you sure and perfect relief. By the positive exercise of thought are you made just what you are and by its exercise you may become whatsoever you will to be.

The object and purpose of going into the Silence is that we may contact the higher vibrations—to come in touch with the Source of Universal Energy and Power. Herein lies the secret of

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all becoming, for here we are enabled to catch all that we may be enabled to express of the Divinity of being. Happy is he who has found this never failing oasis in the otherwise comparatively lifeless desert of human experience.

When you contact this supreme state you will know it; you will never have a doubt about that experience, for no flash of lightning, however vivid, could have impressed you so much as will this first experience. When you once have experienced the effect of contacting this powerful voltage, you will no longer be enslaved by the bonds of the psychic mind. From the indolent state of the subjective—the world of idle fancies and dreams, in which the many are content to dwell—you will be carried into a practical, sane and sensible plane of life where the power which you have received will call into activity every energy of your whole nature, and your life of action and genuine worth to yourself and others will begin. “We awake to the consciousness of it, we are aware of it (this indefinable plus) coming forth in our mind; but we feel that

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we did not make it, that it is discovered
to us, that it is whether we will or no.”

Thoughts are things of force and
power,
I feel and know this saying true,
For but within the present hour,
They swift have flown to me from you.

The Law of Success and Failure

CONCENTRATION IS success. The concentrated man radiates success, breathes it, attracts it by the action of a law as certain in its operation as the law which causes the water to run down hill.

The will of a thoroughly concentrated man is the most powerful force that life has expressed upon this planet. He does that which he wills to do, and in the doing of the act he illustrates one of the fundamental laws of life.

The very act of man's desiring anything sets in operation the law by which he is bound to realize his desire. Desiring anything attests that that thing is somewhere awaiting the call of your desire, that it may come in answer to your call, for it is a truth demon-

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strated by all the expressions of nature that the object of your desire on its part most strongly desires you. The very fact of being throughout all the kingdoms of nature, illustrates the operation of this law. Minerals of a kind attract each other; plants of a kind grow side by side; animals of a kind have the same habitat, going in pairs or droves, and, in a more extended sense than the surface meaning of the words convey, "Birds of a feather flock together."

The operation of this law lies at the base of everything. The atom or electron, however small, could not be without cohesion. It is held together, and around it is built, by the operation of this same law, every manifestation that appears in all Nature. This same law that rules the atom, rules in the kingdom of mind where every desire is found to attract its own, first building a perfect form in mind and then realizing it in the outer physical world. This is creation as it has ever been, as it now is, and, as it will continue to be. You *may* ignore the law and go on blunder-

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ing through life, at best, realizing only a small measure of success, when an understanding of the law and an intelligent co-operation with it would have given you the full measure of your desires.

The inevitables of nature await our understanding of and co-operation with them, and we will find, sooner or later, that the freedom which we so much desire awaits our understanding of and obedience to the laws inherent within our own being. To this end, the law scourges and prods and drives us ever on and on, having in view the development of the perfect man.

It is this same law, demonstrating that man attracts what he is, that enables the artist to catch glimpses of the absolute—the overtones of our normal state of consciousness, and express them in architecture, sculpture, painting, poetry, the drama or music, thus giving to his work a universal and imperishable quality which stamps it as true art. He attracts all because there is in all that which is within himself,

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he having contacted and expressed the universal law.

The creation and realization of one's ideals are altering divisions on the path of unfoldment, evidencing the effort to clothe one's inner conceptions with an outward garment; fashioning the next step upon which to mount.

Beethoven, in the creation of his deathless symphonies, experienced the power of thought to control and heal the body as evidenced by his writing these words: "I do not fear for my works. No evil can befall them; and whosoever shall understand them, he shall be freed from all the miseries that burden mankind." The wonderful power of music as a healing agent, now universally recognized, is accounted for by its tendency to make us concentrate. Every one has, doubtless, realized the truth expressed by Balzac where he says: "Music alone of all the arts, has power to make us live within ourselves." This quality of music is its greatest worth, as it teaches us that the dominant object of life is the recognition of the true self—the only way by

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which we may unfold—as all growth is from within.

The man who thinks, knows that his body is but the instrument of his thought, and that he can cleanse it of disease by thought as certainly as he cleans the pen with which he writes.

Some years since I became acquainted with a man who looked upon the world with an eye less of distrust than that of indifference. He had traveled over the world, being driven by the spirit of unrest until he had become tired of it all. He had turned with feelings of equal lack of interest from the Great Pyramids of Egypt and the art galleries of Europe; he had thrown himself into the wildest forms of excitement known to men, working with pick and pan in the gold fields of Australia and Alaska, only to find that the raging fever, the grip of the mad lust for gold, which drove other men frantic, passed him by without arousing in him but a fleeting interest. It seemed that he had arrived at a state of mind where he could look upon any phase of life's activities and say, "Oh, what's the use."

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He was strong, healthy and dependent upon his daily labor for his living.

One evening he dropped in at a meeting where I was talking to the members of the "Happy Thought Club." I dwelt upon the importance of concentration as a means of furnishing an unfailing interest in life, when everything else had lost power to attract emphasizing the idea that to know yourself was to solve the problem of what to do with yourself. He talked with me on several occasions after that and then disappeared.

While passing through the downtown district of San Francisco, a few months since, a gentleman approached me, exclaiming, "Where on earth have you been keeping yourself? I have inquired of many of your former acquaintances, but could get no trace of you. Come to my office," he insisted, "I've something to say to you there." In a few moments we had entered into a well equipped business office where every appearance spelled "SUCCESS"; you could catch that at a glance. Passing into his private office,

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he turned with a smile, saying, "I wanted to show you this," letting his eyes rove over the office, "and to say that I am doing a very satisfactory business. I've won; any man on the street will tell you that, and I have done it where others have failed. I owe it all to you. It was your way of pointing out to me the fact that every man must find himself, before life could open up to him anything of more than passing interest. I simply found myself and went to work doing that which I found I could most easily do." He was most grateful. He went on to say that he was happily married and had become the proud father of two lovely children; that he owned a comfortable home within an hour's ride from the city. "I have found it comparatively easy to carry out your ideas in the constructive sense, but I cannot at times, help thinking how very foolish I was to waste so many years of my life just for the want of knowing what to do with myself."

After receiving a pressing invitation to visit him at his home, I left him, and

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as I walked down the street the familiar saying of the ages kept running through my mind: "And some seed fell upon good ground."

I have never known a more thorough change to have come to any man than to this one. From an aimless state of absolute indifference he has become a thorough and efficient business man, always cheerful and happy with as great an interest in life as any one whom I know. He found it worth while to become acquainted with himself.

The efficiency which is to be derived from a knowledge of the laws of concentration is definitely attested by a very successful insurance man who said that for years he was troubled with a hesitancy at times that almost unfitted him for business. He told me how he had become interested in the methods which were being given to fortify one's courage. "I could not at first believe," said he, "that in so simple a matter as you suggest lay anything that could materially assist me in my work. But when I began to put it to the test I was surprised at the results. Now, I

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never approach any one on business without first fortifying myself with the strength which your methods induce. It gives a man faith and confidence in himself and in the business he is doing."

It is the creative power which thought alone can demonstrate, that gives faith and courage. To BELIEVE IN ONE'S SELF and in one's work is the very foundation of SUCCESS. I know of no more striking example of supreme courage than that shown by Lincoln Beachey, the aviator, who so concentrated upon his work as to fill every cell of his body with courage, enabling him to do that which no other man in America had ever dared to attempt. To rise to the height of a mile above the earth, and there turn the aeroplane upside down in a series of loops, for the first time in the history of one's country, requires a mental control and a FAITH IN ONE'S OWN POWERS that must challenge the admiration of mankind. Had we such faith in the powers of the mind to control the body, disease would speedily

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disappear from the earth. Thought is the CAUSE, not the RESULT.

I AM, this truth I feel and know;
All that I am or yet may be,
Through my own consciousness must
flow,
Be it of high ~~or~~ low degree.

I AM, and hold within my power
The choice to winnow well the grain
Of life's rich harvest, and each hour,
Drive from my life disease and pain.

I AM, and know that "this" or "that"
Is not myself nor e'er can be;
The "I" that "AM" has ever sat
From time and change forever free.

I AM, and with the boundless real—
Hope, faith and love, shall grow su-
preme;
All consciousness shall yet reveal
Glories more vast than I can dream.

I AM, and with all love and truth,
Shall find from care a sure release,
When wisdom's age and strength of
youth,
Be crowned with everlasting peace.

Directions for Going Into the Silence

TAKE any comfortable position—make your body easy. Close your eyes, and let every muscle be relaxed. Rest become quiet — still your mind—cease to think—be calm. Shut out all sound by not allowing it to attract your attention or in any manner disturb your mind—be poised and alert to receive impressions, ideas, thoughts from within.

Remain quiet and slowly and deliberately turn your attention into the very heart of your innermost consciousness. Wait, watch and quietly listen.

When you have maintained this attitude for some time—moments—take up the following affirmation and calmly and thoughtfully concentrate your whole mind upon it: "I AND MY

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FATHER ARE ONE.” Try to realize the truth of that saying—ponder it over and over, word for word, with an earnest desire to comprehend and understand its full meaning.

Breathe slowly and easily, but be sure and breathe fully, deeply, filling the lungs, but without straining them. Let all your efforts be natural, never going to excess in the effort to inhale or exhale the breath. While breathing thus regularly and easily keep the thought of the above affirmation in mind. Do this repeatedly, day after day, for a few moments, and when you are about your duties during the day, keep this affirmation in mind until you have incorporated it into your character and made it a part of yourself.

This method of holding on to a thought until you have become one with it is of the utmost importance, as only by so doing may the full strength and power of its truth come into your being. This idea of complete unity with all life, love and intelligence lies at the very foundation of creative *thinking*.

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Try this until you have gotten rid of all idea of separateness. You are now in your very heart of hearts, in the kingdom of God, which kingdom is within you. Do not ask or plead for anything, but just try to **realize** the truth of your complete **unity** with the Source of all Power; God in all; All in God.

The matter of breathing exercises is most important, and should be approached sanely and carefully. Too much care cannot be exercised in this matter where there is any serious trouble with the lungs, and in many cases of disorder of the nerves. In all such cases one should be very careful not to go into "violent training," as many are wont to do, when first taking up the exercise of breathing.

There is nothing so absolutely necessary to life in the body as air. One of the first steps in normal living is to make sure that you are supplied with all the fresh, pure air you can breathe. The body, the mind, the will to do, the activity and efficiency of life depend, primarily, on the air we breathe. The

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purity of the air we take into our lungs determines the degree of the purity of the blood, and the action of the lungs, the heart, the Solar Plexus, the nerves, the brain and, in short, not only the normal functioning of every vital organ of the body, but of every separate cell of which it is composed. Bodily life cannot be maintained without air; the breath is, veritably, the breath of life. It necessarily follows that one of the very first functions of life is breathing, and too much attention cannot be given to this first and most essential process of life.

To learn how to use the body properly in sitting, walking, riding and in sleeping is a matter of the very greatest importance in inducing and retaining that poise so necessary to normal health.

The pores of the body should be kept open; they are really air-passages, the skin being a literal net-work of them, covering every part of the surface of the body. In a normal body the air is kept constantly flowing through them, carrying vitality and vigor to every

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cell. To keep the body in a well balanced state, particular attention should be given to the skin.

The purity and unobstructed flow of the blood depends upon the free access of every pore in the body to an abundance of air.

What the sun is to the earth, the Solar Plexus is to the body. It receives and distributes the life energy to the whole system. It is the Corless engine—the electric dynamo—generating, lighting, heating and energizing the whole organism of the man. It is possessed of intelligence to a wonderful degree, governing, absolutely the physical life, and wielding a tremendous power over the activities of the brain, furnishing it with all its essential conditions, as the center of thought manifestation.

Not only is every cell in our bodies a channel through which the air circulates, but we actually breathe through every one of them, this breath being dependent upon the harmonious functioning of each and every central organ of the entire physical system.

THE MASTER WORKMAN

Deep, regular breathing is the basis of health, of strength and of all physical and mental power.

Breathing well is living well; living sanely and normally, as the fishes, the birds and the wild animals live. We should come to breathe as they breathe without any thought as to the how we do it. It is only because man has changed his conditions from that of the normal life, that he is placed in a position where it is necessary to call attention as to how he should breathe.

To think constructively is to breathe deeply and rhythmically. It is impossible to hold the mind in a concentrated attitude without breathing fully and harmoniously. If we think right we will breathe right. The breath is the controlling force of the whole organism of the body. The application of the saying, "As a man thinketh in his heart so is he," to every act of the man is the rule by which we should be guided.

The knowledge of the omnipresence of God is the most powerful force that can enter into the mind of man. We *should* come to see and ever acknowl-

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edge the fact that God is in the tree and plant; in all forms, from the mote in the sun's beam to greatest sun, but they do not know it, but you may come to realize that God is imminent in everything, and above all that He is consciously present in your own soul. It is this realization of the all-inclusiveness of God, in perfect union with all that is that marks the difference between man and the tree and all less conscious forms of life.

In meditating upon consciousness in this way we come to understand how it is that, "In Him we live and move and have our being."

It will take time and practice, but if you will only persevere in the attempt to realize that you are inseparably and wholly in God you will be enabled to hold your mind receptive to the inflow of the universal life from the source of all power, and you will feel the strengthening of your mind and body as you have never felt it before.

When you have done this thoroughly and satisfactorily, you may calmly and deliberately take up the pursuit of any

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desire or work you may have in mind and you will find that you will be enabled, by reason of your aroused faculties which have been heretofore latent within you, to do easily and well that which was before impossible.

You must not allow a single doubt to creep into your mind as to your ability to do the work in hand. You will be enabled to do this by the conscious knowledge of your newly awakened powers. You will have realized that you have access to all the intelligence there is, and to all the power there is, and that it is yours **here** and **now**, to use as you will. Do it. Try it, and you will be surprised at your immediate success, I care not what line of work you may be engaged in. It has worked for others and it will work for you.

Vary your meditations by selecting the following affirmations: I AM LOVE—I AM SUCCESS—I AM HEALTH—I AM INTELLIGENCE. Keep these words in mind. Repeat them over and over to yourself while about your daily *duties*, and you will find that your

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breathing will accommodate itself to the thought you have in mind.

IF YOU WILL CONTINUE, day after day, to meditate upon the above fundamental truths, WITH SINCERITY OF HEART AND AN OPEN MIND, your BELIEF IN THEM will become a part of your very being, and you will find the EFFICIENCY AND POWER OF YOUR LIFE IMMEASURABLY INCREASED; you will become a veritable DYNAMO OF CREATIVE ENERGY, and your work will become easy and pleasant.

SO LONG AS YOU THINK IN TERMS OF LIMITATION, you will be limited, but just the moment you come to realize the God-like powers within you, holding the Divine Image in which you were made, firmly in mind, you will know the TRUTH and the TRUTH will set you FREE—free from doubt and free from disease, free from poverty, free from unhappiness, and by this power you will CREATE YOUR LIFE STRONG AND BEAUTIFUL.



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